



Beginning Energy/Intuitive Processes

As of 9/1/09

Suggested Healing Parameters and Intentions:

You have the right to determine the boundaries that are comfortable for you during your spiritual and energy healing and shifting. Below are some suggested intentions to help with that determination. Start with these. If they do not feel right or if you need to add to them, please make the necessary changes. I suggest saying these out loud when you first begin.

I intend and allow for the following:

- Help from the appropriate spirits/angels/energy beings/aspects of myself/and God;
- I work only with high level/high vibratory beings; i.e. beings/spirits/ascended masters that work at the same vibration or higher as the christed consciousness upon the earth;
- Release of all of other people's energy from my energy systems;
- Release of any and all obligation to help the earth shifts or the human mass consciousness shifts through my body's energy;
- All earth shifts and human mass consciousness shifts may be helped by any and all appropriate aspects of god;
- My highest self directs everything and my mind lets go of how the shifts and internal healing will occur;
- All healing is done for the highest and best good of all;
- All changes/healing are done with love, ease and grace and GENTLY;
- All changes/healing happens in all dimensions/realities/universes and lifetimes known or unknown to me, and on all levels of my being; and
- All energy or memories released are instantly transmuted to the highest light or are taken away immediately.

Grounding Process

Always begin every process, meditation etc by grounding. It doesn't do you any good to intend anything if your energy isn't with your body. You may also want to ground for the following circumstances: Every day when you first sit up after sleeping, any time you feel distanced or "out of it", if you find yourself getting bruises but cannot remember how, if you get somewhere and cannot remember the process of getting there, if you "zone" out during boring meetings or lectures, or if you just don't feel like you are all here.

1. Intend or ask all of your energy to come back to your body, cleansed and attuned to your current vibration.
2. Ask for it to assimilate in the proper place, in the proper order, especially at the base of your spine and through your feet.
3. Ask that any energy clear out that you might have picked up that is not yours when yours came back.
4. Ask that your energy be connected appropriately with your God Self/Higher Self AND with the appropriate vibration of earth. You may need to visualize earth's energy coming up around you to the highest aspect of you AND your own highest vibration energy coming down through you to the earth. Allow them to turn or spin whichever direction your higher self decides is appropriate. When you are in the middle of these two energies you can be quite centered and grounded.

If Step 4 seems too much, imagine a cord of your own energy dropping from the base of your spine deep into the center of the vibration of earth appropriate for you.

Clearing Your Energy

This process will help you clear your energy to make it easier to recognize your own intuition and emotions. Many people pick up and keep other people's energy for various reasons. If this happens too much it can leave one feeling confused, tired, frustrated, chaotic and, possibly, sick. Try the following process at least twice a day for a week to see how you feel and then whenever you need it (I suggest at least once a day).

1. Get grounded first.
2. Imagine all the energy that is not yours leaving your energy systems on all levels (body, emotions, mind etc), and especially around and within the outer edges of your own energy fields. You do not need to worry about where it goes; your intention is to let go.
3. Intend that all the inappropriate cords that attach you to another person (whether you sent them out or someone else sent them to you) be released appropriately. You may have to do this over and over with the same person as your evolution progresses.

4. Intend or imagine that you separate/detach from the human collective consciousness and the old earth energy. If you need an image, it is like climbing out of the mud and cleaning up. This will allow you to stay calm in the face of chaos in the world.

Expand Your Heart Energy

I suggest if you are new at this that you try this at least twice a day for a couple of weeks. Please note that you are working with your heart's energy and/or the emotional heart. Do not intend that your physical heart expand. Intentions are powerful.

Imagine your heart opening and expanding as if you were pumping it with air or copying it at 300% of it's original size. Sit with it a moment. Breathe into it. Let yourself feel it. You may need to reassure various emotional pieces of you that may become afraid by the change.

Now imagine it expanding another 300%. Remember your heart expands three dimensionally. If you can't really feel, see, sense or just know the difference in your heart, just pretend. You will eventually get it.

Ask for the energy from your heart to flow through your body. Especially ask for it to reach up and embrace and integrate into your brain. Eventually you want to imagine it expanding beyond your body to form a kind of cocoon around you. Remember the center of your soul is in your heart. As you expand your heart energy, you begin to allow your soul energy to be stronger/denser within your body.

As this becomes mundane for you, begin to ask for the energy of forgiveness to flow from your heart to you and through you. You can imagine forgiving all those who have ever hurt you, real or perceived, including yourself. The more you can forgive yourself for all the situations you put yourself into and all the negative things you have said to yourself, the easier it will be to live with an open/expanded heart.

Being grounded with an expanded heart is going to make your life much easier in the new energies. It will also make it easier to create what you want in your every day life.

Clearing Energy Blocks

Energy blocks can be felt in any area of your life where you are stuck in behavior patterns or emotional patterns that don't feel good to you, i.e. a relationship that doesn't feel good that you can't seem to leave, compulsive eating habits, over spending etc. Use one of the two processes below to begin clearing these blocks.

1. Get grounded, do the beginning clearing of your energy, open your heart, ask for your higher self and god to be with you; and ask for all the energetic, emotional and karmic blocks to be released and/or healed for your particular issue, with ease and joy. Whatever you are ready to heal will be released or healed. Because you may not be ready to be completely clear of the energy block, you may have to do this many times for the same issue. Also it may be healthier for you to do this in stages rather than all at once. If you find fear coming up, then imagine loving and accepting it, thanking it for coming up, then allow it to soak up the love – at it's own pace. Do not force it.

2. This is another way to approach this. Get grounded, etc. Then imagine yourself doing the behavior or feeling the emotion that you feel limits you and that you are ready to change. Let yourself feel the emotion associated with the behavior. Figure out where in your body you feel it. Focus on that part of your body. Then ask what is needed to heal this. You will get a message. It may be a feeling, a flash of a picture, a hunch, etc. Listen to it. When you understand the message you will be able to let go of the feeling/emotion/energy. If you are not sure you “got” the message, ask for it to become clearer in the next day or two and see if you can let go or heal anyway.

Increase Your Compassion

Interacting with people compassionately will allow you to remain detached from all their issues and energy. Being compassionate with yourself will allow you to love yourself more thoroughly, accept yourself completely, and be kind to yourself on your journey through this life.

Imagine someone standing before you that you usually have problems with. It might be wise to pick someone who only mildly upsets you (start easy). Remember a conversation where you got upset or angry or anxious with this person. Now get grounded, cleared and open your heart. Imagine facing this person with an open heart. Let the love in your heart pour out with no intentions but love flowing. Let yourself stay neutral, while in your mind you listen to this person's words and watch him/her. He /she will soften also. When you can feel the difference in this kind of interaction start practicing in your mind with someone who seems very difficult to you. Each time you have a judgment about someone else, do this exercise. You will discover that you have lots of energy when you do not get sucked into their issues. Others will also respond to you differently as they sense your compassion. They will get it on a subconscious level even if they do not understand what is going on. You will be less judgmental and feel less need to control your environment around you. All this extra energy can go to more positive things for you and for the world. See the Self-Love II process for opening to your compassion towards yourself.

Self-Love I

Learning to Love Yourself Using Your Body as a Guide

Two of the most important things to learn in order to open completely to your own intuition are to forgive yourself and to love yourself. This is a beginning process for loving yourself.

Start with your body:

1. Focus in your feet and tell them you love them. If it helps, touch them when you do it. Then move up to your ankles, legs, knees, hips back front (go through each part if you need to – belly, midriff, chest etc), upper arms, knees, lower arms, hands, neck face, head, hair etc. Even if you don't believe it, do it anyway.
2. Once you can do your whole body this way without falling asleep, getting distracted, or talking yourself out of it, you need to add some energy from your heart. Each time you tell a specific body part you love it, imagine your heart open and that heart/loving energy entering that body part and caressing it on the inside. It may feel or seem like you are lubricating your body from the inside out with love.
3. Once you can do steps 1 and 2, add a thank you to each body part. Try to think of a reason to thank it, i.e. thank your feet for all the work they have done for you. Be sure to pay particular attention to any part you have always disliked and send lots of love and gratefulness to it.
4. When you feel ready, sit and look into the mirror. Look into your own eyes. And say, "I love you" over and over. You have done it enough when you feel it.

Practice lots.

Self-Love II

Learning to Love Yourself Using Energy Work

In order to be clear with your intuition you must trust and love yourself. That means loving all the parts of you – even the ones you might label as bad. This process will help you do that.

Get grounded, cleared and open your heart. Ask for your higher self to be more present to help you. Let your heart expand even more. Then ask for all the parts of you that need loving to come forward. Imagine that love in your heart shining on those parts. Ask those parts of you to accept the love.

If you need to be more specific ask for the part of you that feels ashamed, unloved, bad, guilty, judged, judging, lonely, abandoned, less than, not good enough, cheated, angry, fearful, etc to come forward. Keep breathing deeply.

Intend and imagine that all these parts of you are soaking up the love coming from your own heart and from higher self. As the process continues, ask those parts of you that feel filled up with love to integrate into your heart. Know that it is so.

When you feel complete, be sure to thank your inner selves for coming forward. It takes a lot of courage for these parts to show up. Then thank your higher self (or inner self or soul – whatever words work for you) for helping. The more you do this, the better you will feel about yourself.

Soul/Energy Return

Each time you have a dramatic trauma or you surrender bits of yourself to another, a piece of your energy leaves (some believe it is a piece of your soul). This process asks for the return of all the pieces ready to come back to you or to your godself.

Remember, you must be ready to receive them. As with the other processes, you may have to do this more than once to facilitate the return of all the pieces of your energy.

Get grounded, cleared and open your heart. Imagine your heart energy expanding about 1000% more than it already is. Ask for all the pieces of your soul/energy that are ready to come back to you or to your god-self (higher self), in and from all dimensions, realities and universes, known or unknown to you. Please allow your higher self to determine which pieces should come back to the energy in your body and which should come to your higher self for recycling. You may have to remind your body that you are safe and that this is important for you to do. Then imagine the pieces that will come back to you being cleansed and attuned to your current vibration. Don't worry about the details, trust that your higher self will take care of it. Now imagine these pieces merging with you where it is appropriate. Take a deep relaxing breath. Remember to thank your soul for the healing. As you continue working on yourself and reaching deeper and deeper levels inside of you, you will want to repeat this exercise.

Vibration Shifting

The earth's energy is shifting to a higher vibration (some call it ascending). In order to be more comfortable and to allow your own intuitive gifts to re-awaken you may need to increase your own vibration. You will feel lighter and have more energy; the negative and heavier energy (including the energy of others who do not want to change) will no longer stick to you. There are many ways to do this. Following are two different suggestions.

1. Using Dials: Imagine that there are dials that indicate what your frequency is, i.e. the rate at which you vibrate. Look at these imaginary dials (it doesn't matter where in your mind they are as long as your intention is that they are the dials to your own vibration

level) and imagine turning them up slightly (never do too much at once) or to the correct frequency, trusting your higher self to know where that is. Breathe deeply.

2. Ask your higher self to help you and just ask for the vibration to shift or be attuned to wherever is appropriate for you at this time.

It may be that your vibration does not need to increase but to change frequencies. You can use either method.

You can do this many times but do not do it more than once in a day. If you are feeling down and negative, do one of these processes. As your vibration rises there will be less blocks to understanding/hearing/knowing your own intuition.

Take Back Your Power

This process will help you in situations or with people where you feel your choices are limited (or even non-existent), or when you might have ever felt like a victim. If you are waiting for someone else to change so you can feel better, you have given your power away and this process will help.

Begin by getting grounded, cleared and expanding your heart energy. Then intend or ask/allow the release or healing of all agreements you made with yourself (directly or indirectly) that resulted in you giving your power away in any situation. Ask for the release of all cellular memories and cords to people to whom you have given your power. Ask for this change on to happen on all levels of your being.

Then imagine or picture someone with whom you are having difficulty or a situation that you are worrying about a lot. Remember your energy goes where your intention is, so using your imagination is a perfect way to begin. Then ask for all the power or pieces of your energy that you might have given to that person or situation to come back to you or to your higher self. Do not worry about directing where the pieces go. Trust your higher self to make those decisions. Make sure you ask for the power or pieces of yourself to be cleansed and that the vibration or frequency be adjusted to match you. Then thank that person or situation in your mind for whatever you learned from him/her or it. Now ask that you be filled with your own energy, through your heart. This helps fill any holes left by releasing cellular memories and cords.

You may feel energized or you may feel nothing at that moment. However, it will change how you approach or react to that person or situation. Once you have done this successfully (you either felt your energy come back to you or you imagined it happening), ask for your power to come back from anyone or any situation in any lifetime, reality or dimension, etc. Remember to intend that all energy work be done easily, gently, with love, and for your highest good. The more you know on a cellular

level how powerful you are, the easier it will be to recognize your choices in every situation or with every person you interact.

Connect with your God-Self or Highest Self

This is a way for you to feel your own energy, your own self, and your own sense of empowerment, and your connection to the All That Is.

Get grounded, cleared and expand your heart. Then stand up (it seems to help). Imagine the connection between your god-self/higher self and heart expanding (this will give your brain something to do). Intend and allow all the energy from your God-self to pour through your heart into you. Let this powerful energy of you fill you up and expand beyond your physical boundaries. Let your connection to the powerful and vast All That Is (god/universe/All That Is) be known to you. If any fear, judgment or other emotions come up, just thank them and send extra love to them. Ask any other emotions or energy that do not match the vibration of your god-self to shift. Just allow, do not force. You may feel this physically or emotionally, or you may not feel anything. However, your intention will make it happen.

As you get clearer and clearer, you will find that this becomes more and more powerful.